Steam Baking in a Camp Pot

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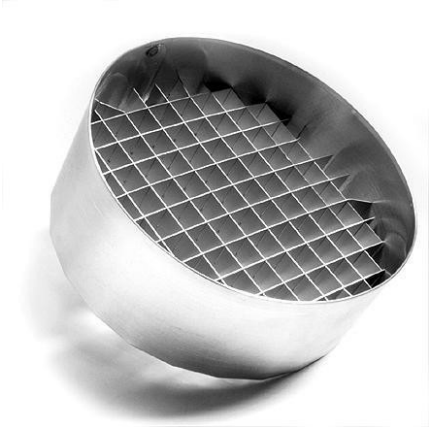
Steam baking in a pot dates back to WWII and beyond. The Bakepacker Company, made an excellent product for baking with boiling water. Their heat pipe method is patented, so I will not attempt to duplicate, but move to a steam baker. My main driving force was to make something to fit a smaller pot than what the Bakepacker could fit in. Sarah Sven Kirkconnell described her solution as a Fauxbaker on her website **http://www.trailcooking.com/fauxbaker/**.

Looking for materials in the garage came up with chicken wire, some window screening, and some aluminum flashing. I thought the flashing would be a good compromise with weight and malleability.

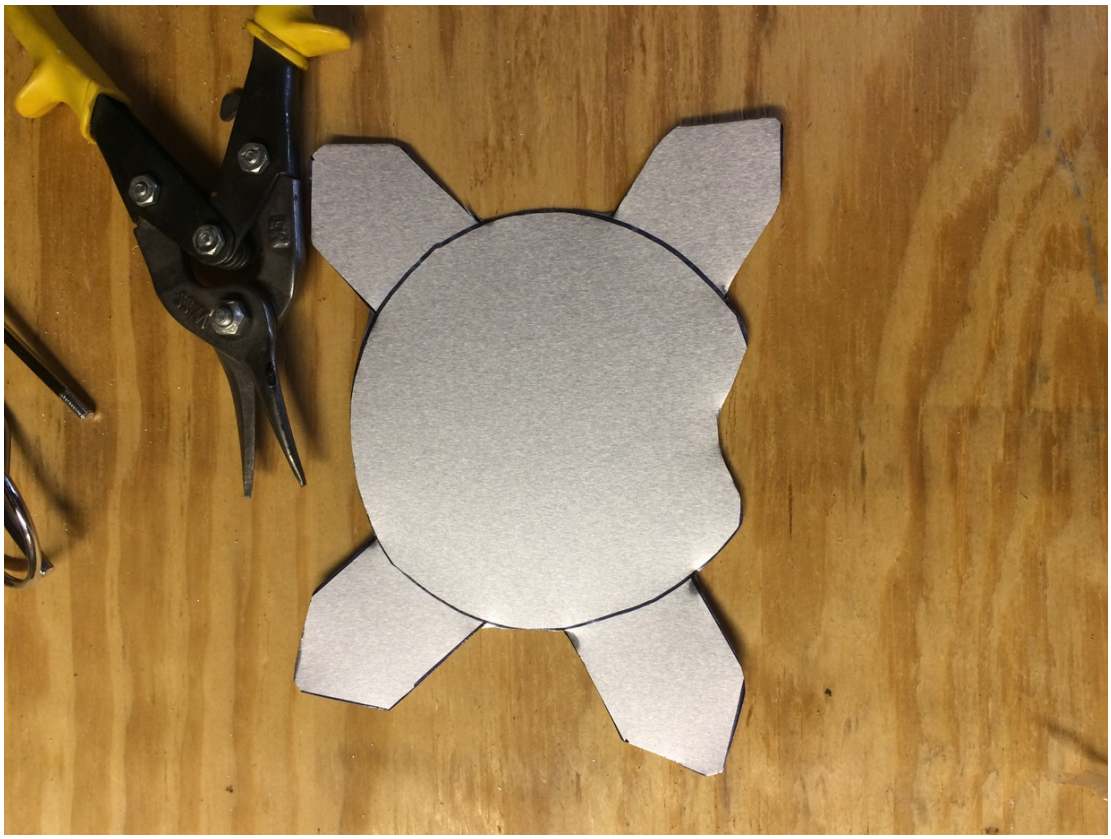
1. Measure the inside dimensions of the pot to be used. Diameter and height.
2. Cut a length of aluminum flashing and draw the outline of the disk and legs, legs should be at least 1 inch, made them longer so I can trim them later.
3. Cut out the part. I have a finger notch on one edge to help with removal.
4. Mark the locations of the holes to be made. Dimple with a nail set or nail, before drilling so the bit will not slide.
5. Drill holes, with a piece of scrape wood behind the metal.
6. Deburr and sand or trim sharp edges.
7. Check leg lengths and fold.
8. Check the final fit with the fit pot.

The baker can be inverted and carried in the pot on the bottom. Sarah has a number of recipes and videos on using her Fauxbaker.

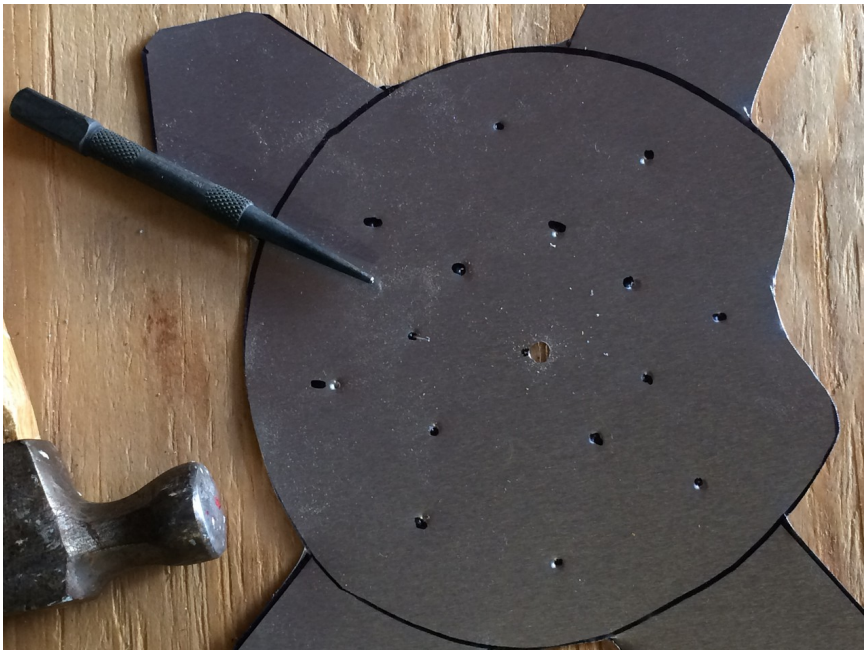


Bakepacker is not made anymore; but you might find online. There are 2 sizes. 5 3/4" and a 7" diameter, so you really needed to know your pot sizes.

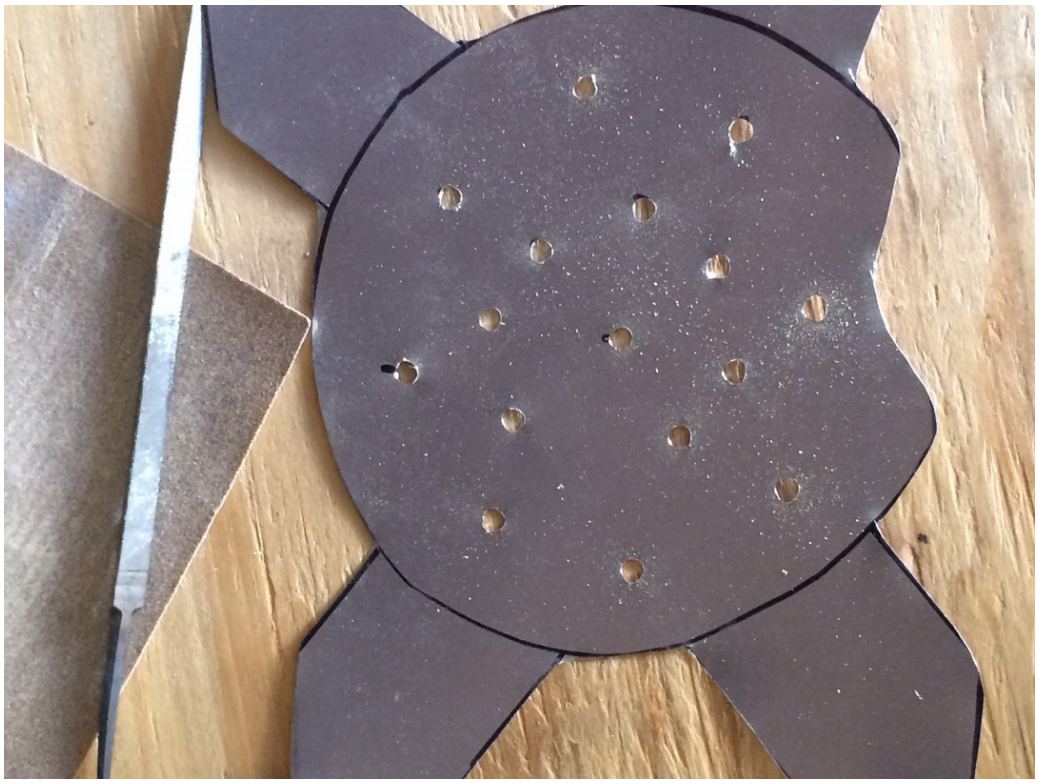
Cutting out the flashing



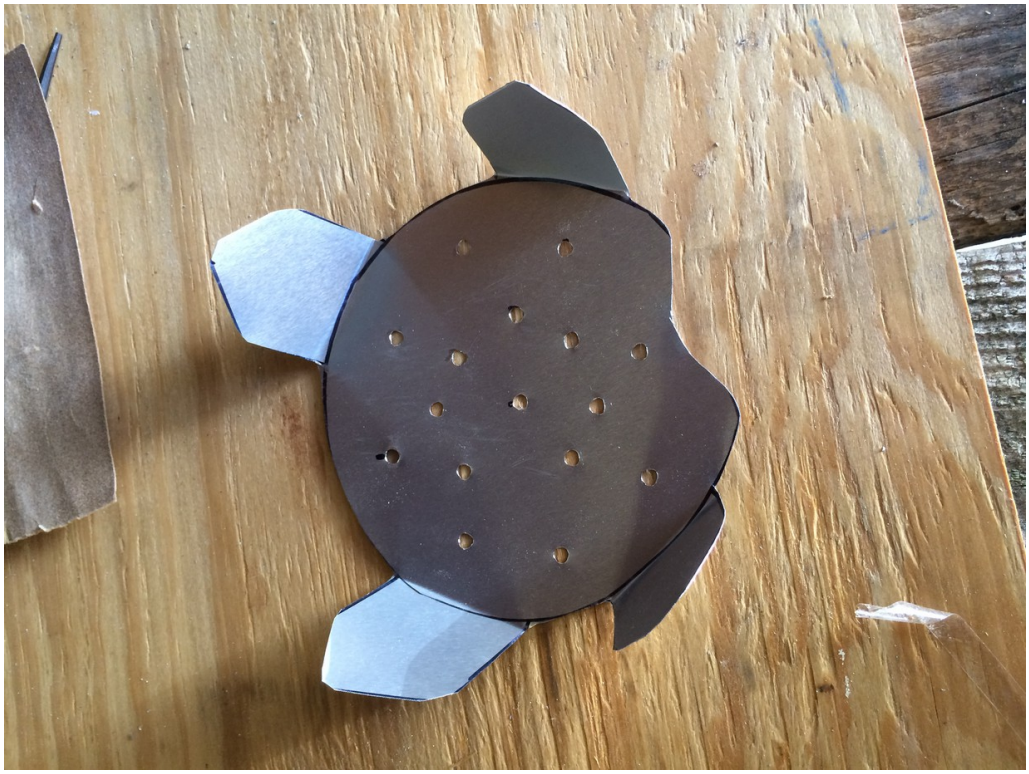
Dimpling and drilling holes



Sanding and deburring the holes and edges.



Bending the legs



Fitting in the pot.

Steam baking using Silicone cupcake liners

Cooling

A steam baker will not brown your baked goods, but you can use icing or jam to cover. I have used silicone baking cups to hold muffins.

Tin Foil Muffin Baker, when you don't have muffin tins
Needed: Parchment paper, aluminum foil, Tin can
Take a square of parchment paper and cup over the end of the tin can.
Follow with a square of aluminum foil and mold over the end of the tin
Remove the cup of foil and paper from the tin can and it is now you muffin tin.
Fill about half way and bake in your oven. Enjoy.

Muffins are not the only thing you can bake in your steam baker. Jiffy Corn Bread is one of my favorite. Regular breads, cinnamon rolls, and other recipes are possible.

https://trailcooking.com/fauxbaker/pizza-muffins/

Others have made their own Fauxbakers / steam bakers using different materials. Aluminum tubing cut into 1 inch sections can be placed in the bottom of a pot to act has heat pipes. A 1/2 inch of boiling water will keep the temperature to around 212 F. Don’t use galvanized piping.

DYI heat pipes from Aluminum tubing.

Jiffy Corn Bread Muffins

- **1 package Jiffy Cornbread Mix**
- **1 egg or equivalent Dried Egg**
- **1/3 Cup Milk**

Mix together in a Freezer Bag to get rid of lumps.
Pour 3/4 full into Silicone Muffin cups and place in your DIY Steam Baker with the water boiling. With lid on, steam for 15-18 minutes. Test with a Tooth Pick.
4-5 cupcake sized muffins

Additions: Corn kernels, chopped Jalapeños, Honey

Pancake in a mug

Ingredients

- ½ cup just-add-water pancake mix
- Maple syrup, packed in a leak-proof container
- Butter (optional; freeze it or bring the powdered stuff and reconstitute in camp)

Directions

1. Pour all of your mix into a single-wall steel or titanium mug. Add water as directed by the instructions, roughly ⅓ cup; the batter should be wet but still thick. You want the mug to be roughly halfway full.
2. Using three or four small flat rocks, build a platform for the mug to sit on in the bottom of the pot. (This elevates the mug so it's not directly in contact with the pot, preventing any hot spots from forming at the bottom.) Or use your DIY Steam Baker.
3. Pour water into the pot until it's roughly level with the batter. If the mug starts to float, you've added too much. Cover the pot loosely with a lid (you can use aluminum foil if you don't have one).
4. Light your stove and bring the water to a slow boil. Leave it for 5 to 7 minutes, or until bubbles start forming on the top of the mug. Don't be fooled: The pancake won't brown—it's being cooked by steam and hot water—but it's still fully cooked.
5. Uncover the pot (use care; the steam can burn) and poke the pancake with a fork to check for doneness; the tines should come out clean. Top with butter and syrup and enjoy while hot.

Tip: Cooking with a small pot? Bring a mug with handles that fold in, like the MSR Titan Cup.

Quicker Muffins

- **Martha White Muffin Mix (various). Or Betty Crocker Muffin Mix Pouch**
- **Dried Milk and water to make 1/2 cup**

Mix the mix with the milk and pour into silicone muffin cups about 3/4 full.
Heat the water in your Steam baker to a boil.
Place in your Muffin cups in your DYI Steam Baker for about 15-18 minutes with a lid on your pot. Check if done with a tooth pick or the tines of your fork.
2 Large Muffins or 4-5 cupcake size

Pizza muffins Sarah Kirkconnell

Summary Yield 4
Prep Time 15 minutes
Recipe Types Fauxbaker

Ingredients

*** 3⁄4 c baking mix**
*** 1⁄4 c freeze-dried mozzarella cheese**
*** 1 T tomato powder**
*** 1 t Italian seasoning**
*** 6 T water**

Instructions

Pack all the dry ingredients into a quart freezer bag.

Add the 6 Tablespoons of water to the bag, seal and knead till well mixed. Be sure to get the corners as well. Divide the dough between the 4 muffin liners (see notes) and drop it in with a spoon or clean fingers.

Fill your pan with about a cup of water. Add in the silicone liners, check the water – it should be over the feet and cover with the pot's lid. Bring to a boil, lower the heat on your stove to a gentle simmering (on canister stoves this will be nearly the lowest setting). Time will be about 10 minutes to steam them. Resist checking for at least the first 7 minutes and if you crack the lid off, be sure to vent it so no steam runs down on the muffins.

Take out and if desired carefully pop the edge of the liner back to pop the muffin out.